



**FULLERTON**  
HEALTH

*Live Fuller*

## Fullerton Health Screening

Thank you for choosing  
**Fullerton Health** for your  
health screening needs.

Please take your time to read through  
this easy-to-follow guide. It gives you  
all the useful information you need  
to know before, during and after your  
health screening.

At Fullerton Health, we are  
delighted to be of service to you and  
are committed to providing you with  
the best possible medical care.



## USEFUL INFORMATION

The following information will ensure that you have a smooth and hassle-free health screening session.

### FOR CORPORATE CLIENTS

#### Please bring along:

- Singapore NRIC/Passport/Employment Pass/ Work Permit
- Your company letter, authorisation letter or staff pass, where applicable

### FOR PRIVATE CLIENTS

#### Please bring along:

- Singapore NRIC/Passport/Employment Pass/Work Permit
- Letter of Guarantee from your Insurance Company, where applicable



We encourage you to bring your recent medical reports and films so our physicians can check on your health history and progress. If you are feeling unwell, please postpone your health screening to a later date as illness and certain medication, such as antibiotics, can affect your screening results.

On the day of screening, do avoid applying creams and moisturisers on your body and try to wear loose fitting clothes to be more comfortable.

If you are a smoker, please refrain from smoking on the day of your appointment until your ultrasound has been completed, as smoking may affect the quality of the scan.

## PRE-HEALTH SCREENING

### FASTING

Do fast for at least 8 hours before your appointment. Refrain from consuming food from midnight on the day of your appointment. However, you may drink plain water.

This fasting process is required specifically for blood test and ultrasound of the liver and abdomen.

Once these tests are over, you can enjoy a light breakfast on us.



### MEDICATION AND SUPPLEMENTS

Please delay your routine medication or supplements until tests which require fasting are over. Bring along your medication or supplements so you can take them right after your tests.



# DURING HEALTH SCREENING

## ULTRASOUND OF THE PELVIC AND ABDOMEN



Before undergoing a pelvic ultrasound, you will be asked to drink at least 5 to 6 glasses of water and avoid urinating for about an hour prior to the examination time.

This is because a full bladder allows better visualisation of the pelvic organs during ultrasound.

For ultrasound of the abdomen, please remain fasted until the test has been completed.

## TREADMILL

This test will take 20 to 30 minutes to complete. Prior to this test (after your blood test and abdomen ultrasound), you may have a light breakfast. However, please avoid caffeinated drinks prior to the test.

Medication such as beta-blockers like propranolol or atenolol, should preferably be stopped 3 days before the test. If you are unsure of the medication you are taking, please speak to your doctor prior to performing the cardiac assessment.



Remember to bring along your running shorts, T-shirt and running shoes. For your comfort, please empty your bladder before the test. Lockers are available for your convenience.

## EYE EXAMINATION

Please remove your contact lenses at least 30 minutes before the eye test. We recommend that spectacles be worn on the day of the appointment.



## X-RAYS



X-Rays are not recommended for anyone who is pregnant or who has done a similar X-Ray less than 6 months ago.

## DURING HEALTH SCREENING



### IMPORTANT INFORMATION FOR LADIES

Before your health screening, do take note of these points.

- For Pap Smear, Urine and Stool Tests, do it at least 10 days after the last day of your period or 2 weeks before the first day of your next period so as not to affect test results
- If menstruating on the day of your appointment, do inform the clinic staff on arrival as you will not be able to do your Urinal, Stool and Pap Smear Tests. You will be able to continue with the other tests and will be requested to make another appointment to complete the Urine, Stool and Pap Smear Tests
- For Pap Smear, please avoid sexual intercourse and the use of spermicides, vaginal creams, lubricant jellies, vaginal medications or tampons 48-hours before the test

### STOOL OCCULT BLOOD TEST

Avoid red meat and iron supplements 3 days before stool sample is collected.

You may collect a stool bottle from any Fullerton Health Clinic prior to your appointment.

Collect your stools in the bottle on the night before (after 5:00pm), or on the morning of your health screening appointment.



### MAMMOGRAM

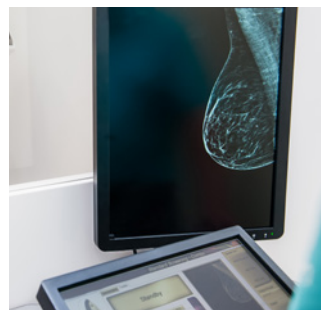
Avoid this examination if you are pregnant. Please arrange for your appointment to be at least 1 week after your last day of menstruation.

Do not wear any deodorant, perfume, powder or cream under your arms or chest area as it may interfere with the quality of the mammogram.

Please bring along your most recent mammogram films and reports (if available) should you wish to have a comparison made between that and the latest received result.

If you have forgotten to bring your most recent mammogram films on the day of your screening and wish to have a comparison done, please submit your most recent films to our Radiology Department within 3 working days from the day of your Fullerton Health Screening.

Please note that mammogram is only available at our health screening centre @ Ngee Ann City.



## POST-HEALTH SCREENING

The health screening report will be ready within the next 10-14 working days (excluding weekends, eve of Public Holidays and Public Holidays) via email.

If you are unable to access emails, our clinic team will be happy to assist you with other arrangements.



Please call our Executive Health Screening team at **6333 3636** or email to [ehs@fullertonhealth.com](mailto:ehs@fullertonhealth.com) if you would like to fix an appointment with our doctor.



### Fullerton Health @ Ngee Ann City

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### Fullerton Health @ Ocean Financial Centre

10 Collyer Quay,  
#03-08 Ocean Financial Centre  
Singapore 049315

Should you need to change your appointment, please visit our website at <http://www.fullertonhealth.com/book-appointment.html> or email us at [ehs@fullertonhealth.com](mailto:ehs@fullertonhealth.com)

For more enquiries, please call us at **6333 3636** for assistance.

We hope this information is useful to you.

***Remember, prevention is better than cure.***

Having a health screening is the first step towards a healthier you.

**We are glad to be of service to you and wish you a fuller health.**